



Walking & Running Concerns



Do you tend to lean into the person walking by your side? Are you in the right walking/running shoes? Or maybe you're always getting injured during your runs?

Many conditions may be causing your concerns such as:

- ◆ Limb Length Discrepancy – where one leg is structurally or functionally shorter than the other.
- ◆ Shin Splints or Medial Tibial Stress Syndrome (MTSS)
- ◆ Poor Foot and Ankle Mechanics – causing you to overload a particular bone, muscle or joint.
- ◆ Foot Hypermobility

Whatever the reason, we can help you get back to or maintain full activity. Video gait and plantar pressure analysis allows us to determine the root of the problem and our experienced team will help fix it.

Call 9388 9999